

# Group Counseling

Mondays, 6pm to 7:15pm



Young people have many struggles in the process of recognizing their issues, working on them, and then building a world that supports their wellness outside of the counseling setting. The first struggle is that they feel lonely in the journey; they feel that no one can understand what it is like to be their age dealing with what they are dealing with. For the most part their experience is real. They need to “feel felt”. When they can have the experience that people “get them” and what they are going through they then have the permission to take the necessary risks to move forward toward recovery.

Group is a place where people can have the experience of “feeling felt.” This experience of not being alone makes it safe to learn to take the risk of exploring oneself and sharing oneself with others in a healthy interpersonal way. After having that accomplishment in group, it will then be generalized to the world outside of group where they can build new support and negotiate healthy relationships. Ultimately, clients in group will have a better relationship to oneself, to others, and have the skills for successfully negotiating life.

Another common struggle is that many young people are shy or otherwise have inadequate skills for negotiating healthy relationships with people their own age. Often, past peer relationships have been superficial. Many young people “hide” in these relationships - they just comply or avoid what is going on instead of negotiating by communicating personal truth and feelings and asking that their needs be respected, while at the same time hearing others and respect their needs too. The group setting provides models of healthy relational behavior and an environment to test out those behaviors for oneself.

**When: Every Monday, beginning March 16<sup>th</sup>, 6pm to 7:15pm**  
**Where: 7996 Old Winding Way, Suite 100**

**To create group cohesion, clients must make the commitment to attend group each week.**

**A 24 hour notice of cancellation must be given if you have to miss a group session or you will be billed \$25.00.**

By signing, you understand & accept the cancellation policy: \_\_\_\_\_ Date: \_\_\_\_\_